Who are we??

Metamimicry is a nonprofit organization based in what is currently known as Olympia, Washington and with work in California and Florida as well. Our mission is to explore accessible biological solutions for our time's most pressing environmental pollutants.

We work with groups to establish bioremediation projects utilizing the natural powers of fungi, plants, bacteria, and animals. We do this through managing research, improving real-world applications, making implementation more accessible, and reaching the public through education.

Check us out at metamimicry.org

and on social media @metamimicry

Resources for ethical mushroom medicine making:
Mountain Rose Herbs and Wild Kingdom

making mushroom medicine

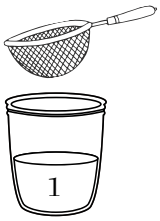
Step by Step guide for tincturing foraged fungi with **Metamimicry**

making it

We're looking for the final product to contain 25-30% alcohol, so keep that in mind when choosing your alcohol and ratios. You can make tinctures with glycerin if you are alcohol-free but that is a different process.

1. Fill 1-quart mason jar halfway with chopped or ground mushrooms of choice. Add alcohol, making sure mushrooms are completely covered but leaving just ½ inch of room at the top of jar. Screw lid on and leave in a dark place for 2-6 weeks, shaking daily.

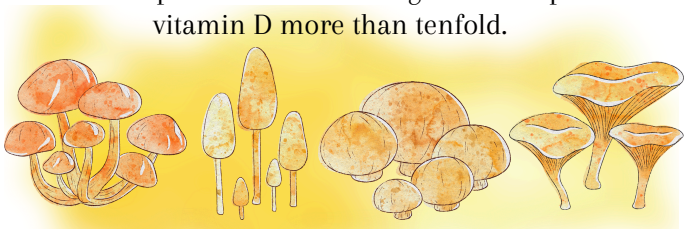
2. Strain alcohol into a separate container, using cheesecloth to squeeze as much out as possible. Set aside.



3. Transfer mushrooms to crockpot or pot on the stove, combine with 2 quarts of water, and let simmer (never boiling!) for at least two hours (up to 12). You may wish to add additional fresh or dried mushrooms at this point.

foraged finds

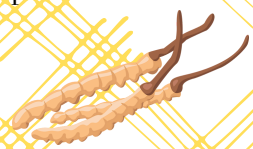
Mushrooms and mycelium are the nutrient distributors of the forest. When you eat a foraged fungus you are consuming everything the mushroom is exposed to. This is part of the magic of this medicine. Just as we can't digest tree bark very easily, we can eat the mushroom that pre-digested it for us. When comparing wild foraged and farm-grown mushrooms, it is found that the ones in the wild are much more nutritionally dense than their cultivated counterparts. For instance, mushrooms in the wild are exposed to actual sunlight which ups their vitamin D more than tenfold.



When foraging it is important to practice sustainable foraging techniques, learn each mushroom's ecology, and know when and when not to harvest. Make sure to not overharvest and leave a fifth of the mushrooms you find to grow and sporulate for the following years. It is also important to observe the local laws so as to avoid a fine or be caught hunting on private property. And don't eat fungi growing by roads or polluted areas! Eww!!

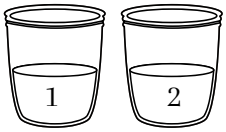
recognize

Since time immemorial, Indigenous peoples have been discovering, producing, and protecting the most beneficial bio-based medicine we use today. Part of colonization is stealing or appropriating these vital resources in what's called **biopiracy.** Some of the well-known medicine that has been exploited in this way is neem oil from India and the Hoodia cactus from southern Africa. In Tibet, *Ophiocordyceps sinensis* (aka the 'zombie caterpillar fungus') is quickly becoming a part of these exploited traditional medicines.



The damage done by biopiracy is far-reaching and includes the theft of the physical resources, the intellectual property, the history, and damage to the surrounding environment. Every medicinal mushroom has roots in Traditional Knowledge and should be recognized as such.

4. Allow to cool before straining into separate container, using cheesecloth to squeeze out as much as possible.
5. Combine both extractions, mixing thoroughly.
6. You're ready to bottle! Funnel tincture into bottles and store in a cool, dry, & dark place.

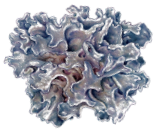


consuming

Always consult your doctor before taking mushroom tinctures. While the benefits abound, there can be negative side effects! Once you've got the go ahead from doc, try 1-2 dropperfuls up to 2x daily. You can take it straight up, or add it to a glass of water or other beverage (hot or cold).

Some benefits of mushrooms can only be gotten by consuming fresh, while for others powdered capsules are just fine. We also like sipping teas or including mushrooms in broths.

main medicinals



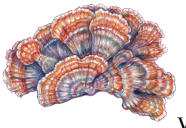
Maitake
Immune support, blood pressure regulation

Cordyceps
Energy boosting

Lion's Mane
Brain function/ neuron generation

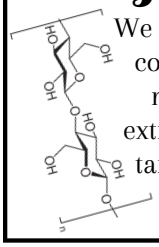
Chaga
Immune support, anti-inflammatory, digestive aid

Reishi
Immune support, lung health, blood sugar regulation

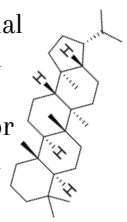


Turkey Tail
Immune support, anti-cancer, vitality, lung health

why use a dual extraction?

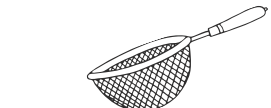


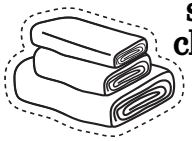
We make tinctures to concentrate beneficial compounds which can be extracted from medicinal plants or mushrooms. Dual extractions are useful with mushrooms for targeting water-soluble beta-glucans and alcohol-soluble triterpenes.



supplies

1 quart mason jar

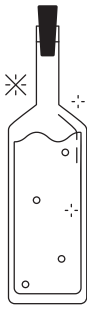




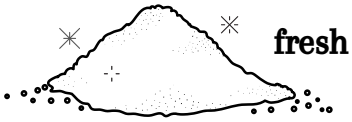
strainer + cheesecloth

filtered or spring/well water

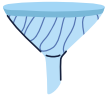
pot or crockpot



80+ proof alcohol (the higher the better)



fresh or dried mushrooms



funnel (optional)

tincture bottles